



Youth Risk Behavior Survey

Tobacco Use

General Survey Information

The Youth Risk Behavior Survey (YRBS) is part of a biennial national effort led by the Centers for Disease Control and Prevention (CDC). The YRBS monitors health risks and behaviors in six categories, which are related to the leading causes of mortality and morbidity among both youth and adults. Data is collected from 9th through 12th graders on behaviors that contribute to physical activity, nutrition, tobacco use, alcohol and other drug use, violence and injuries, and sexual behavior.

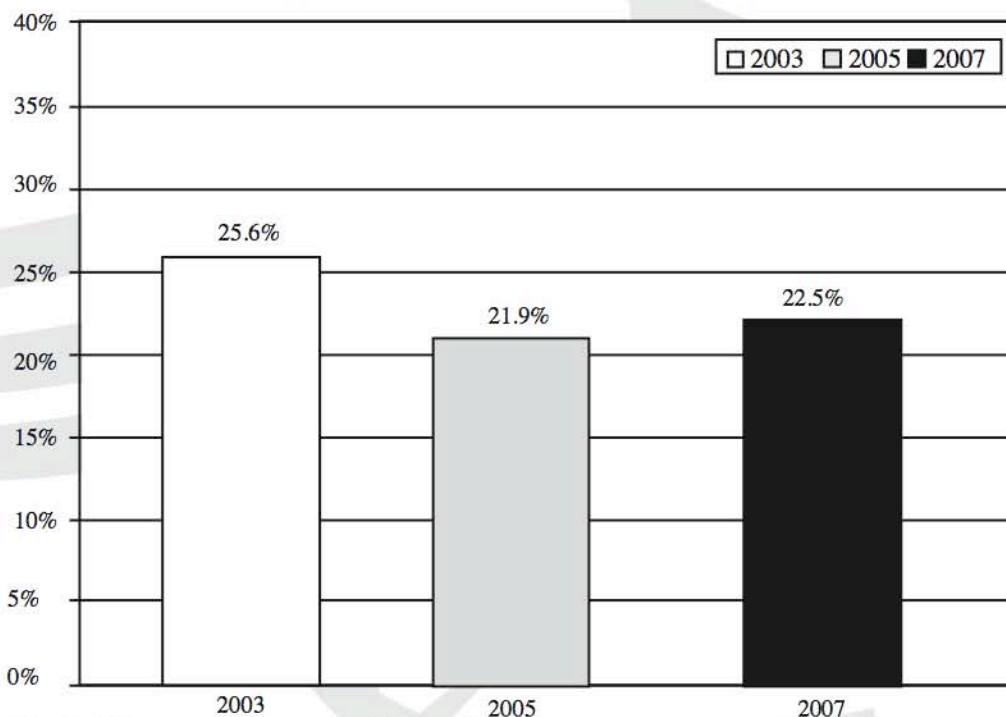
The Problem

Tobacco use is responsible for nearly 90% of lung cancer cases, 1/3 of all cancer deaths, and 1 out of every 5 deaths from heart disease and remains the single most important preventable cause of death in our society.¹ Children and adolescents who smoke are less physically fit and have more respiratory illnesses than their nonsmoking peers. The list of diseases caused by smoking includes cancer of the bladder, esophagus, larynx, lungs, oral cavity, and throat as well as chronic lung diseases, coronary heart and cardiovascular diseases, reproductive problems, sudden infant death syndrome, and many others.²

Indiana YRBS Data

According to the 2007 Indiana YRBS, 53.3% of Indiana high school students have tried smoking a cigarette as compared to 56.9% in 2005. In 2007, among high school students, 22.5% smoked cigarettes on one or more of the past 30 days while 15.8% smoked cigarettes daily (See Figure I).

FIGURE I
2007 Indiana YRBS
Indiana High School Students Who Currently Smoke*



* Smoked cigarettes on one or more of the past 30 days

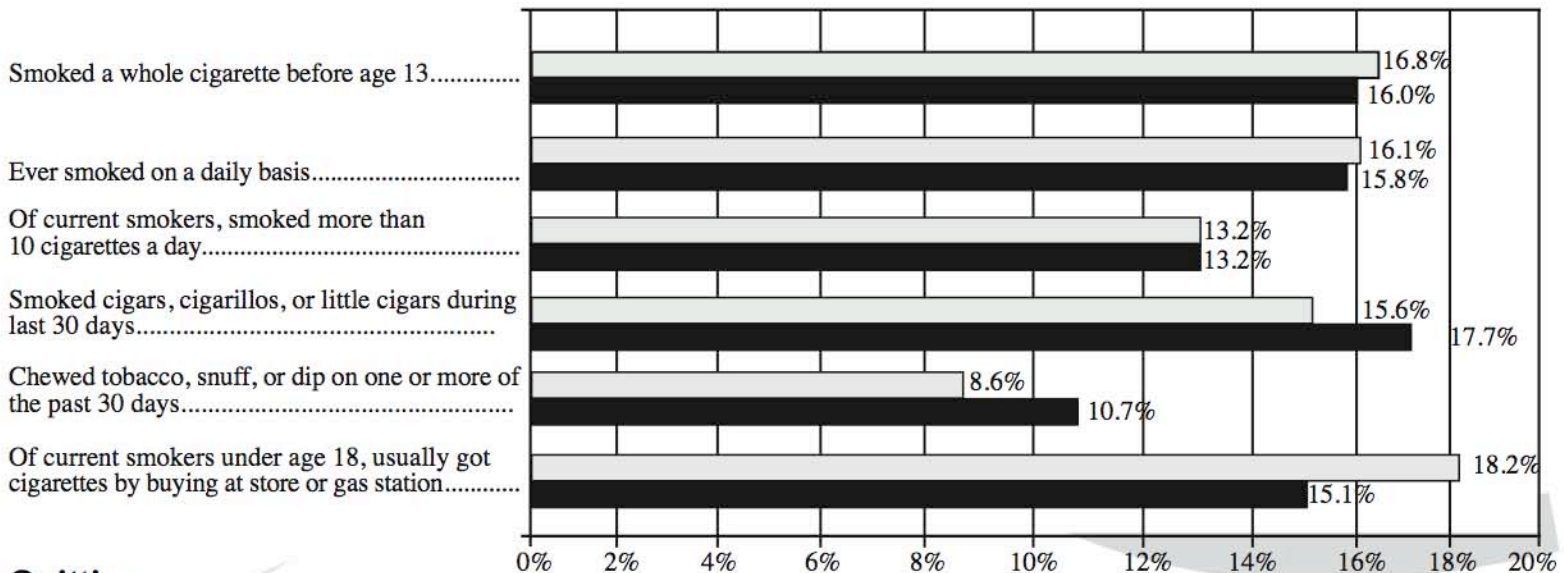
More Facts

The 2007 data indicates that 16.0% of high school students smoked a whole cigarette before age 13 as compared to 16.8% in 2005. The percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days increased significantly from 15.6% to 17.7%. Also, the percentage of students who used chewing tobacco, snuff or dip on one or more of the past 30 days increased significantly from 8.6% in 2005 to 10.7% in 2007 (See Figure II).

2007 Indiana Youth Risk Behavior Survey

FIGURE II
2007 Indiana YRBS
Tobacco Use

□ 2005 ■ 2007



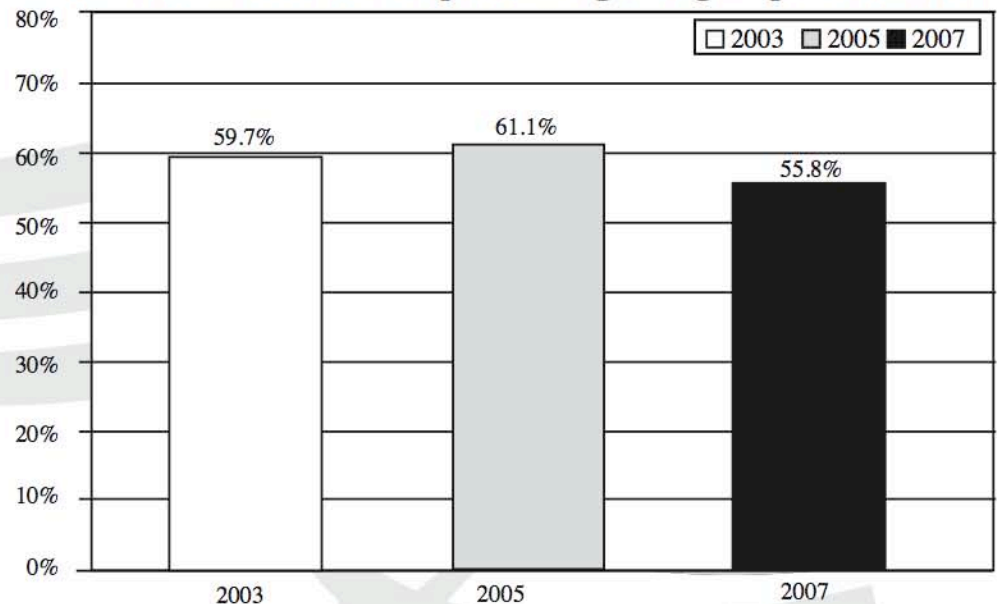
Quitting

Quitting smoking has immediate as well as long-term benefits, reducing the risks for diseases caused by smoking and improving health in general. The younger people are when they begin smoking cigarettes, the more likely they are to become strongly addicted to nicotine. Young people who try to quit suffer the same nicotine withdrawal symptoms as adults who try to quit.³ Several studies have found nicotine to be addictive in ways similar to heroin, cocaine, and alcohol. Of all addictive behaviors, cigarette smoking is the one most likely to become established during adolescence.³

According to the 2007 YRBS, 55.8% of the students who are current smokers have tried to quit during the past twelve months (See Figure III).

FIGURE III
2007 Indiana YRBS

Current smokers who tried to quit smoking during the past 12 months



Healthy People 2010 goals:

p 27 -2b Reduce the use of tobacco products by adolescents from 40% to 21%.

References:

1. (*Reducing the Health Consequences of Smoking; 25 years of progress: A report of the Surgeon General*). U.S. department of health and human services, Public Health Service, Centers for Disease Control, Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 1989, p.I.
2. (*The Health Consequences of smoking; A report for the Surgeon General*). U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004.
3. (CDC. *Preventing Tobacco Use Among Young People*), A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, 1994.

Go to www.in.gov/yrbs for a complete set of fact sheets, tables, graphs, and confidence intervals for all of the 2007 YRBS data. Confidence intervals should be utilized to determine which changes are statistically significant.

For More Information:

Indiana State Department of Health: 1-800-433-0746

2007 Indiana Youth Risk Behavior Survey (YRBS): www.in.gov/yrbs

Centers for Disease Control and Prevention - Youth Risk Behavior Surveillance System: www.cdc.gov/heathyyouth/yrbs